

Abstract

This invention relates to a method of assisting a user in a medical self treatment, said self treatment comprising a plurality of actions, said method comprising the steps of collecting in a one or more databases data representing values of parameters relevant for said self treatment, and the step of processing said one or more databases to provide for alternative choices between two or more action and a corresponding value for each two or more actions. The invention also relates to a computer system having means for performing the method according to the invention, and a computer readable medium having a program recorded thereon, where the program when executed is to make the computer execute the method according to the invention